



Research Article

EFFECT OF ARKA TAILA AND PATOLADI GANA KASHAYA IN DOOSHIVISHAJANYA VICHARCHIKA

Aswathi G^{1*}, Manju S R², Shiji R S³

*¹Assistant Professor (on contract), Dept.of Agadatantra, Government Ayurveda College, Tripunithura.

²Retd. Professor and HOD, ³Professor and HOD, Dept of Agadatantra, Government Ayurveda College, Trivandrum, Kerala, India.

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ABSTRACT

Toxicology, is a slow acting less potent poison, which does not kill the person immediately, but gets manifested in the form of many diseases. Skin diseases (*Kustha*) are one among the main symptoms of *Dooshivisha*. *Vicharchika*, is one among *Kshudra kustha*, which is highly prevalent, common and distressing condition. Recurrence and chronicity are the main threat faced by patients suffering from *Vicharchika*. Most of the features of *Vicharchika* show similarity with symptoms of the disease entity, eczema of modern dermatology. In India, the point prevalence of dermatological cases are 9.25%, and that of eczema is 6.75%. *Arkatailam* is the formulation prescribed in *Yogaratanakaram*, which reflects the therapeutic effect of toxic plant *Arka*, which is directly indicated for *Vicharchika*. The aims and objective of the study is to evaluate the combined effect of *Arkataila* and *Patoladi gana kashaya* in *Dooshivishajanya Vicharchika*. The study design was an interventional pre-post study with sample size 30. Patients with signs and symptoms of *Vicharchika*, having history of *Dooshivisha*, of age group between 20-60 satisfying the diagnostic criteria selected from the OPD of Government Ayurveda College Panchakarma, Hospital, Poojappura, Thiruvananthapuram, were included in the study. The study group was given *Avipathychoorna* internally on first day for *Virechana*. On 2nd day onwards *Patoladi gana Kashaya* was given internally and *Arkataila* externally for 14 days. Symptomatic assessments were done before treatment, on 8th day, after the treatment and after the follow up period of 7 days. Results were analyzed statistically. The results show that the effect of *Arkataila* and *Patoladiganakashaya* is very effective in *Dooshivishajanya vicharchika*.

INTRODUCTION

In the recent time, we can see how adversely the impact of modern life is damaging our lives and the natural environment. Day by day change in life style, food habits, behavioural pattern and environmental pollution, industrial and occupational hazards are adversely affecting human race. All these factors are resulting in low human immunity. It is giving rise to many new challenges in front of medical system, because it is resulting in number of new diseases and

also increasing the susceptibility to get effected by uncommon diseases. Skin diseases are very common in these days due to accumulated toxins formed as a result of unhealthy food habits. Hence the need of the hour is to discover the supremacy of *Agadatantra* in the etiopathogenesis and management of skin diseases. *Dooshivisha*, the unique concept of Ayurvedic toxicology, is a slow acting less potent poison, which does not kill the person immediately, but gets manifested in the form of many diseases. All the diseases which are caused by changed life style, *Virudhahara*, pollution, radiation etc are clubbed together under one umbrella of *Dooshivisha*. In *Brihatrayi's Dooshivishais* not included under the classification of *Visha*, which reveals the fact that *Dooshivisha* is not as such a poison, but only a toxin which is developed as a result of partial biotransformation of Xenobiotics. In this era of fast

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foods and tinned foods, our body cannot cope up with the digestion of chemicals in such food items, leading to the accumulation of undigested toxins resulting in *Dooshivisha* and ending up with a skin disease. Moreover *classics* had included *Kushta* (skin disease), as one among the main symptoms of *Dooshivisha*.

Vicharchika is one among *Kshudra kushta*, which is highly prevalent, common and distressing condition that is perplexing to the patient and physician. Chronicity and recurrence are the main threat faced by patients suffering from *Vicharchika*. Classical symptoms of *Vicharchika*^[1] includes *Kandu* (itching), *Pidaka* (eruptions), *Syava* (discolouration), *Srava* (oozing) etc. Most of these features show similarity with symptoms of the disease entity, eczema of modern dermatology.

A series of study conducted in recent past comprising of internal medication, topical application,

MATERIALS AND METHODS

Preparation of Medicines

Arka tailam

Ingredients of *Arka tailam*^[3,4,5]

Drug	Botanical name	Part used	Quantity used
<i>Arka</i>	<i>Calotropis gigantea</i>	Leaves (<i>Swarasa</i>)	4 parts
<i>Haridra</i>	<i>Curcuma longa</i>	Rhizome	1/8 part
<i>Katu tailam</i>	<i>Brassica alba</i>	<i>Tailam of Brassica alba</i>	1 parts

The ratio of preparation of *Kalka: Katutaila: Dravadravya*= 1/8:1:4 (*Haridra: Katutaila: Arkapatra swarasam*)^[6]

Good quality of raw drug was collected from trusted drug dealers, and cleaned well. For preparing 500ml of *Arka taila*, 500ml *Katu taila* and 2l of *Arka patra swarasa (Calotropis gigantea)* is needed. *Kalka* was prepared by using 62.5gm of *Haridra (Curcuma longa Linn)*. A wide mouth vessel is taken, *Katu taila, Kalka* and *Swarasa* was poured into it, mixed thoroughly, and kept in mild fire with constant stirring. When it reached *Mrdu paka*, it was taken out from fire. Next day heating is restarted. Checked for *Khara paka* and vessel is removed from fire. *Taila* is strained well^[7]. 50ml of *Taila* was packed in pharmaceutically graded air tight bottles.

Padoladi gana kashayam^[8]

This yoga contains *Patola (Trichosanthes dioica Roxb.)*, *Katurohini (Pichrorhiza kurroa Royle ex. Benth)*, *Madhusrava (Chonemorpha macrophylla)*, *Guduchi (Tinospora cordifolia (Willd.) Miers)*, *Chandanam (Santalum album Linn)* and *Patha (Cyclea peltata H.F.&T)*. All the above drugs are taken in equal quantity, cleaned well and dried, crushed into coarse powder. Air tight packets of 350gm of powder are supplied to the patient. Take 48gm of powder, boil it in 768ml of water and reduced to 96ml.

Avipathy choornam^[9]

It is mentioned in the *Virechana kalpa* of *Ashtanga Hridaya* and is indicated in all *Visha* conditions and in *Pitta* predominant conditions.

Ingredients of *Avipathy choornam*

Drug	Botanical name	Part used	Quantity used
<i>Sunti</i>	<i>Zingiber officinale</i>	Rhizome	1 part
<i>Maricha</i>	<i>Piper nigrum</i>	Fruit	1 part
<i>Pippali</i>	<i>Piper longum</i>	Fruit	1 part
<i>Twak</i>	<i>Cinnamomum verum</i>	Bark	1 part
<i>Patra</i>	<i>Pogostemon heyneanus</i>	Leaf	1 part
<i>Ela</i>	<i>Elattaria cardamomum</i>	Seed	1 part

Panchakarma therapy have showed mild to moderate response in *Vicharchika*. In our classics, *Acharya* mentioned therapeutic uses for toxic plants which are framed in *Visha-upavishavarga*. *Arka* is one among *Upavisha varga* mentioned in R.R.S, which is having strong potent action. *Arkatailam*^[2] is the formulation prescribed in *Yogaratnakaram*, one among *Laghutrayi*, which reflects the therapeutic effect of toxic plant, *Arka*, which is directly indicated for *Vicharchika*. The *Yoga* contains 3 drugs *Arkapatra, Katutaila* and *Rajani* which are having *Vishapaha* and *Vranahara* properties, which are essential for reducing the symptoms of *Vicharchika*.

AIM AND OBJECTIVE: To find the effect of *Arkatailam* and *Patoladigana Kashaya* in *Dooshivishajanya Vicharchika*.

<i>Musta</i>	<i>Cyperus rotundus</i>	Rhizome	1 part
<i>Krmighna</i>	<i>Embilica officinale</i>	Fruit	1 part
<i>Amalaki</i>	<i>Embelia ribes</i>	Fruit	1 part
<i>Trivrit</i>	<i>Operculina turpethum</i>	Bark	9 part
<i>Sita</i>	<i>Saccharum officinarum</i>		18 part

The ingredients of the medicine were cleaned and finely powdered, sieved through cloth and stored in air tight containers. The powder was light brown in colour, with bitter and sweet taste. *Kshoudra* (honey) was used as the medium for administration. All the drugs in good quality

Study design - Pre and post interventional study

Study setting - Agadatantra OPD of Government Ayurveda College Hospital, Thiruvananthapuram.

Study Population

30 patients with complaints as per inclusion criteria were selected. A general examination was carried out in all patients which included monitoring of pulse, height, weight etc. and a detailed dermatological examination was also performed were brought from trusted drug dealers and were identified and authenticated.

Inclusion Criteria

Patients presenting with signs and symptoms of *Vicharchika*, having history of *Dooshivisha* of age group between 20-60 years, satisfying the diagnostic criteria.

- Site of lesion- Upper and lower extremity
- Duration- Upto 5 years
- Area should be minimum of 3cm sq.

Exclusion Criteria

- Pregnant and lactating women
- Patients with other systemic illness

History of *Dooshivisha* was divided into 5 groups

- History of bite if present (*Jangama*)
- Vegetative or other poison (*Sthavara*)
- History of incompatible food (*Virudhahara*)
- History of any medicine used for a long time (*Oushada*)
- Occupation (*Viharajam*)

Grading of *Dushivisha*

- Grade 1 - exposure to any one of the above factors
- Grade 2 - exposure to any two of the above factors
- Grade 3 - exposure to any three of the above factors
- Grade 4 - exposure to any four of the above factors
- Grade 5 - exposure to all five factors

Criteria for Assessment

Assessment was made by observing the improvements in the clinical features based on the gradation before treatment, during treatment, after treatment and after follow up.

- Initial assessment was done on the day before the commencement of treatment
- Second assessment on 8th day
- Third assessment after the intervention period on 15th day
- Fourth and final assessment after the follow up period of 7 days on 22nd day

Diagnostic criteria

- ❖ Itching at the site of lesion (*Kandu*)
- ❖ Eruptions (*Pidaka*)
- ❖ Discolouration (*Vaivarnyam*)
- ❖ Oozing (*Srava*)

Assessment of Variables: Will be evaluated before, during, after treatment and after follow up period

Itching (Kandu)

Symptoms	Absent	Mild (itching occasionally)	Moderate (itching which does not disturbs sleep)	Severe (continuous itching which disturbs sleep)
Grade	0	1	2	3

Eruption (Pidaka)

Pidaka	absent	<5 Pidaka/5cm sq area in the affected Part	5-10 Pidaka/5 cm sq area in the affected part	>10 Pidaka/5cm sq area in the affected part
Grade	0	1	2	3

Discolouration (Vaivarnyam)

Vaivarnyam	Normal skin colour	Brownish red	Blackish red	Black in colour
Grade	0	1	2	3

Oozing (Srava)

Oozing	No oozing	Oozing at the time of scratching only	Occasionally	Frequent
Grade	0	1	2	3

PROCEDURE

Patients eligible for the study will be selected from the OPD of *Agadatantra*, Govt. Ayurveda College, *Panchakarma* Hospital, Thiruvananthapuram as per inclusion criteria. On the first day of the treatment protocol, *Virechana* is done with *Avipathy choornam* 25gm (according to *Kosta*) in honey at 6 am in empty stomach. From 2nd day onwards the patient will be given *Patoladigana kashaya* internally and *Arka taila* externally. 48ml of *Kashaya* will be given twice daily [6 am & 6 pm] one hour before food. After cleaning the area with lukewarm water, *Arka taila* is applied on the lesion externally, with a cotton swab for one hour, twice daily and after that it is wiped out with cotton swab. This will be continued for 14 days. Symptomatic assessment will be done before starting the treatment, on 8th day of treatment, after the treatment (on 15th day) and after the follow up period of 7 days (on 22nd day). Patients are advised to avoid foods having sour, salt, pungent tastes, curd, milk, non-vegetarian, jaggery and food preparation with black gram and *Viharaslike vyayama*, *Maidhunam*, *Atapaseva*, *Divaswapnam* etc. Results will be analyzed statistically.

RESULT AND DISCUSSION**Itching****Assessment of the effect of intervention in itching**

Itching	BT		DT		AT		AF	
	N	%	N	%	N	%	N	%
Absent	0	0	6	20	24	80	24	80
Mild	4	13	20	67	6	20	6	20
Moderate	9	30	4	13	0	0	0	0
Severe	17	57	0	0	0	0	0	0

Analysis of the effect of intervention in itching

	MEAN	SD	Fr. value	P value
BT	2.4333	0.7279	81.000	<0.0001
DT	0.9333	0.5833		
AT	0.2	0.4068		
AF	0.2	0.4068		

There was considerable difference between the means of decrease in itching after each assessment, which was found to be extremely significant at $P < 0.0001$ and Fr. value 81.000 using Friedman's test.

Comparison of the effect of intervention in itching

Comparison	Significant	P value
BT vs. DT	***	P<0.001
BT vs. AT	***	P<0.001
BT vs. AF	***	P<0.001
DT vs. AT	**	P<0.01
DT vs. AF	**	P<0.01
AT vs. AF	ns	P>0.05

Ns- Not significant (P>0.05), ***-Highly significant (P<0.001), **-Moderately significant (P<0.01), *-Significant (P<0.05)

On multiple comparisons using Dunnett's Multiple comparison test, before treatment vs during treatment, before treatment vs after treatment, before treatment vs after follow up were highly significant (P<0.001). During treatment vs after treatment, during treatment vs after follow up was moderately significant (P<0.01). After treatment vs after follow up was not significant (P>0.05).

Oozing**Assessment of the effect of intervention of oozing**

Oozing	BT		DT		AT		AF	
	N	%	N	%	N	%	N	%
Absent	0	0	22	73	30	100	28	93
At the time of scratching only	25	83	7	24	0	0	2	7
Occasionally	4	13	1	3	0	0	0	0
Frequent	1	4	0	0	0	0	0	0

Analysis of the effect of intervention in Oozing

	Mean	SD	Fr.value	P value
BT	1.2	0.484	73.680	<0.0001
DT	0.3	0.5350		
AT	0	0.00		
AF	0.066	0.2537		

There was considerable difference between the means of decrease in oozing after each assessment, which was found to be extremely significant at P <0.0001 and Fr.value 73.680 using Friedman's test.

Comparison of the effect of intervention in oozing

Comparison	Significant	P value
BT vs. DT	***	P<0.001
BT vs. AT	***	P<0.001
BT vs. AF	***	P<0.001
DT vs. AT	ns	P>0.05
DT vs. AF	ns	P>0.05
AT vs. AF	ns	P>0.05

Ns- Not significant (P>0.05), ***-Highly significant (P<0.001), **-Moderately significant (P<0.01), *-Significant (P<0.05)

On multiple comparisons using Dunnett's Multiple comparison test, before treatment vs during treatment, before treatment vs after treatment, before treatment vs after follow up were highly significant (P<0.001). During treatment vs after treatment, during treatment vs after follow up was after treatment vs after follow up was not significant(P>0.05).

Eruptions

Assessment of the effect of intervention in eruptions

Eruption	BT		DT		AT		AF	
	N	%	N	%	N	%	N	%
Absent	0	0	5	17	23	77	26	87
<5 Pidaka	20	67	23	77	7	23	4	13
5-10 Pidaka	10	33	2	6	0	0	0	0
>10 Pidaka	0	0	0	0	0	0	0	0

Analysis of the effect of intervention in eruption

	Mean	SD	Fr.value	P value
BT	1.333	0.4795	65.800	<0.0001
DT	0.9	0.4807		
AF	0.233	0.4302		
AT	0.133	0.3457		

There was considerable difference between the means of decrease in eruption after each assessment, which was found to be extremely significant at $P < 0.0001$ and Fr.value 65.800 using Friedman's test.

Comparison of the effect of intervention in eruption

Comparison	Significance	P value
BT vs. DT	ns	$P > 0.05$
BT vs AT	***	$P < 0.001$
BT vs. AF	***	$P < 0.001$
DT vs. AT	**	$P < 0.01$
DT vs. AF	***	$P < 0.001$
AT vs. AF	ns	$P > 0.05$

Ns- Not significant ($P > 0.05$), ***-Highly significant ($P < 0.001$), **-Moderately significant ($P < 0.01$), *-Significant ($P < 0.05$)

On multiple comparison using Dunnett's Multiple comparison test, before treatment vs during treatment and after treatment vs after follow up was not significant ($P > 0.05$). Before treatment vs after treatment, before treatment vs after follow up, during treatment vs after follow up were highly significant ($P < 0.001$). During treatment vs after treatment was moderately significant ($P < 0.01$).

Discolouration

Assessment of the effect of intervention in discolouration

Discolouration	BT		DT		AT		AF	
	N	%	N	%	N	%	N	%
Absent	0	0	3	10	4	13	8	27
Brown red	5	17	17	57	23	77	21	70
Black red	8	27	10	33	3	10	1	3
Black	17	56	0	0	0	0	0	0

Analysis of the effect of intervention in Discolouration

	Mean	SD	Fr.value	P value
BT	24	0.7701	64.789	<0.0001
DT	1.23	0.6261		
AT	0.966	0.4901		
AF	0.766	0.5040		

There was considerable difference between the means of decrease in discolouration after each assessment, which was found to be extremely significant at $P < 0.0001$ and Fr.value 64.789 using Friedman's test.

Comparison of the effect of intervention in itching

Comparison	Significant	P value
BT vs. DT	***	$P < 0.001$
BT vs. AT	***	$P < 0.001$
BT vs. AF	***	$P < 0.001$
DT vs. AT	ns	$P > 0.05$
DT vs. AF	ns	$P > 0.05$
AT vs. AF	ns	$P > 0.05$

Ns- Not significant ($P > 0.05$), ***-Highly significant ($P < 0.001$), **-Moderately significant ($P < 0.01$), *-Significant ($P < 0.05$)

On multiple comparison using Dunnett's Multiple comparison test, before treatment vs during treatment, before treatment vs after treatment, before treatment vs after follow up were highly significant ($P < 0.001$). During treatment vs after treatment, during treatment vs after follow up was after treatment vs after follow up was not significant ($P > 0.05$).

Mode of action of Arka taila

Arka taila consists of *Arka patra*, *Haridra* and *Katutaila*. The *Taila* prepared based on *Sneha kalpana vidhi* is applied externally on the effected part for one hour twice daily. *Acharya Charaka* states that certain drugs act through *Rasa*, some through *Guna*, some through *Veerya* or *Vipaka* and some drugs by their *Prabhava*.

In general *Dooshivishajanya Vicharchika* can be considered as *Kapha pitta* predominant *Tridoshaja vyadhi*, since *Dooshivisha* and *Kushta* are basically *Tridoshaja* and *Lakshanas* of all *Doshas* can be seen in *Vicharchika*. In *Arka taila*, *Arka* is *Kaphavatasamana*, due to its *Katu tikta Rasa*, *Ushna laghuteekshna sara guna*, *Ushna virya* and *Katu vipaka*. *Haridra* is *kaphapitta samana* due to its *Katu tiktarasa*, *Rooksha ushna guna*, *Ushna virya* and *Katu vipaka*. *Katu taila* is *Tridosha samana* due to its properties like *Katu rasa*, *Laghu teekshna sara guna*, *Ushna virya* and *Katu vipaka*. So the combination can be considered as predominantly *Kaphapittahara*.

Action at the level of Dosha

The main *Lakshanas* of *Vicharchika* are *Kandu*, *Pidaka*, *Srava* and *Shyavata*. Here *Kandu* occurs due to *Kaphadushti*, *Pidakopathi* is due to *Raktha* and *Pitta Dushti*, *Srava* is due to *Pitta* and *Kapha dushti* and *Shyavatha* is due to *Vata* and *Pittadushti*. *Arka* and *Haridra* are having *Tikta rasa* which is *Kaphapitta samaka*. *Tikta rasa* is having *Laghu rooksha guna* which in turn pacifies *Kapha pitta* and thus *Srava* can be reduced. *Katu rasa* of *Katu taila* is having *Kaphahara* property which in turn relieves *Kandu*. All the three drugs in the combination are having *Ushna virya*, which alleviates *Kapha* and *Vata* and *Katu vipaka*

which alleviates *Kapha*. Since *Arka* is an *Upavisha* drug it also acts by its *Prabhava*.

Action at the level of Dhatus

Raktha and *Mamsa dhatus* are involved in the *Samprapthi* of *Kushta*. By looking into the *Lakshanas* of *Vicharchika* we can see the predominance of *Raktha dhatu*. *Raktha dushti* in turn causes *Pitta dushti* due to *Asrayasrayi bhandha*. Since *Tikta rasa* is indicated for *Kushta*, it might acts as *Raktha sodhaka* and *Rakthaprasadana* in turn correcting the *Rakta* and *Pitta dushti*. *Varnya* property of *Haridra* can act at *Bhrajaka pitta* level and correct *Vaivarnyam*. Normalcy of *Pitta* helps in reducing *Srava* and *Pidakotpatti*.

Action at the level of Agni

Generally all disease occurs due to *Agnimandya* at *Jadaragni* and *Dhatu agni* level. In the *Nidana* of *Dooshivishajanya Vicharchika* there are many factors that deranges *Jadaragni* such as *Ajirna*, *Midhyahara* etc. This *Jadaragnimandya* in turn causes *Agnimandya* at *Dhatu* level. Here the *Arkataila* is applied externally, and thus it can act only on *Bhrajakagni*. All the three drugs in *Arka taila* is having *Ushna virya* and *Arka* is having *Deepana* property which helps in correcting *Agnimandya* at the level of *Bhrajaka pitta* in turn reduces discolouration and development of healthy skin. *Ushna guna* of *Arka* and *Haridra* has *Pachana* property according to *Susrutha*. More over all *Tikta rasa pradhana dravya* has *Deepana pachana* property according to *Charakaacharya*.

Kandughna Property

Kandu occurs due to aggravated *Kapha dosha*. Both *Arka* and *Haridra* is having *Kanduhara* property due to its *Tikta rasa* as said by *Acharya Charaka*. More over all the three drugs are *Kapha samaka* which in turn reduces itching.

Kushtahara Property

Kushtahara property of a drug implies it is good for all *Twak vikaras*. Here *Arka*, *Haridra* and *Katutaila* is having *Kushtahara* property. *Katutaila* and *Haridra* are having *Twak Doshahara* property. This

proves that all the ingredients in the combination will help to improve the *Doshik* status and nourishes the skin.

Ropana Property

Arka, *Haridra*, *Katutaila* are having *Laghu guna*, which is having *Lekhana* and *Ropana karma* according to *Susrutha Acharya*. Moreover *Tikta* and *Katu rasa* is having *Kledopashoshana* property which in turn promote healing. All the three drugs have *Vranahara* property which promotes the formation of healthy cells. Researches had already proved the wound healing property of *Arka*. *Sara guna* of *Arka* and *Katutaila* helps to retain moisture and by keeping skin healthy. Anti-inflammatory and antitoxic effects of the ingredients can speed up the healing of lesion.

Discussion based on data related to clinical study

Effect of combination on itching

Before the treatment was started 57% of study population were having severe itching, 30% with moderate itching and 13% were having mild itching. After 7 days of intervention the severity of itching reduced markedly i.e., 13% had moderate itching, 67% had mild itching and 20% had no itching at all. After treatment and after a follow up period of 7 days 20% of the subjects presented with mild itching and 80% with no itching. After the end of follow up period, no patient is found with severe and moderate itching. On statistical analysis the p value obtained is <0.0001, which indicates that the study is extremely significant in reducing itching. *Kandu* is a *Kapha prakopa lakshana*. So for reducing *Kandu* medicines having opposite property of *Kapha dosha* are to be used. In the combination *Arka taila* containing *Arka*, *Haridra* and *Katu taila*, all the three ingredients are having *Gunas* opposite to that of *Kapha dosa* i.e., *Rooksha*, *Laghu*, *Teekshna*, *Sara gunas*, *Tikta rasa*, *Katu vipaka* and *Ushna virya*. Moreover *Arka* and *Haridra* is having *Kanduhara* property. *Padoladi gana kashaya* is also having *Kaphapittahara* property.

Effect of Combination on Oozing

Before the onset of the study, 83% of the study subjects were having oozing at the time of scratch only 13% were having occasional oozing and 4% were having frequent oozing. After 7 days of treatment among 73% of subjects oozing were found to be absent, 24% have oozing at the time of scratch and 3% have occasional oozing. After 14 days of treatment oozing were absent in all the subjects. After the follow up period of 7 days 7% of subjects again developed oozing at the time of scratch. The p value obtained is <0.0001, which confirms the combination is extremely significant in reducing oozing. *Kleda sruti* is the *Pittakopa lakshana*. The *Haridra* in the combination drug and *Padoladi gana kashaya* is having *Kaphapittahara* property which reduces the *Kleda sravam*. All drugs in *Arka taila* and *Padoladi gana*

kashaya are having *Tikta rasa*, which is having *Kaphapitta samana* and *Kledasoshana* property. More over *Tikta rasa* is *Seeta* and *Rooksha* which reduces the *Ushna* and *Snigdha guna* of *Pitta*.

Effect of Combination on Eruption

Before the intervention 67% of patients were having less than 5 *Pidakas* per 5 cm sq area. 33% have 5-10 *Pidakas* per 5cmsq area. After 7 days of intervention, 17% of subjects have no *Pidaka*, 77% of subjects have less than 5 *Pidaka* per 5 cmsq area and 6% have 5- 10 *Pidakas* per 5 cmsq area. After 14 days of treatment 77% of subjects have no *Pidaka* and 23% have less than 5 *Pidakas* per 5 cmsq area. After 7 days of follow up period 87% of subjects have no *Pidaka* and 13% have less than 5 *Pidaka* per 5 cm sq area. The p value obtained is <0.001, which shows that the study is extremely significant in reducing eruption. *Pidaka* is one among *Raktapradoshaja vyadhi* by *Charaka*. *Haridra* in the combination drug is having *Rakthasodhaka* property. *Arka* is having *Pleehaghna* property which implies *Rakthadushtihara* property. *Tikta rasa dravya* which is having *Seeta guna* will pacifies *Pitta* and *Raktha*, which in turn helps in the healing of *Pidaka*.

Effect of Combination on Discolouration

Before the commencement of intervention, 56% of the subjects were having blackish discolouration, 27% with blackish red discolouration, and 17% with brownish red discolouration. After 7 days of treatment 33% of the patients were having blackish red discolouration, 57% with brownish red discolouration and 8% with no discolouration. After 14 days of treatment 10% of the subjects were with blackish red discolouration, 21% with brownish red discolouration and 8% with no discolouration. After the follow up period 70% of subjects have brownish red discolouration, 27% with no discolouration and 3% with blackish discolouration. The p value is <0.0001 proves that this combination is highly effective in reducing discolouration. The combination drug have *Agnideepana* property which improves *Raktha dhatu agni*, in turn restores the normal function of *Bhrajakapitta*. *Haridra* is *Varnya* and *Twakdoshahara* and *Katutaila* is having *Twak doshanasana* property, which add up the beauty of the effect of combination drug.

CONCLUSION

In this study "*Arkataila*" is used externally and "*Padoladiganakashaya*" is used internally. The combination was found to be effective in relieving all the symptoms of *Dooshivishajanya Vicharchika*.

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***Address for correspondence**

Dr. Aswathi G

Assistant Professor (on contract),
Dept. of Agadatantra,
Government Ayurveda College,
Tripunithura, Kochi, Kerala.

Email:

aswaticangadharan@gmail.com

Ph: 9496728059

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